

Emergency Contraception, Key Facts and Instructions for Use in Vermont

Note: *A copy of this form must be given to the client. This fact sheet may not be altered.*

Emergency Conception (EC) is a safe and effective way to prevent pregnancy after sex.

Consider using Emergency Contraception if you didn't use a contraceptive during sex, you think your contraceptive didn't work, or you were sexually assaulted or forced to have intercourse. EC in theory works by stopping the release of an egg from the ovary (ovulation) or it may prevent the union of a sperm and an egg (fertilization) or it may prevent a fertilized egg from attaching to the womb (implantation.) EC will not disrupt an established pregnancy.

What are Emergency Contraceptive pills?

Emergency Contraceptive pills (ECP's) contain the same medication as regular birth control pills and help to prevent pregnancy. There are two basic types of Emergency Contraceptive pills:

- Plan B™ progestin-only pills.
- High doses of regular oral contraceptive pills (containing estrogen and progestin).

Don't wait! Take ECP's as soon as possible.

- While it is best to take ECP's within 3 days of unprotected sex, ECP's can be effective for up to 5 days after unprotected sex.
- You should use a birth control method for the remainder of your menstrual cycle and for preventing pregnancy in the future.
- For more information, talk to your pharmacist or health care provider.

ECP's are safe and effective.

- Progestin-only pills reduce the risk of pregnancy by 89 percent.*
- Combined estrogen/progestin pills reduce the risk of pregnancy by 75 percent.*
- For regular, long-term birth control, other contraceptive methods are more effective than EC.
- Emergency Contraceptive pills do not protect against sexually transmitted infections, including HIV/AIDS.

* Pregnancy risk reduction based on one-time use.

ECP's won't cause an abortion.

- Emergency Contraceptive pills are **not** the same as RU-486 (the abortion pill).
- Emergency Contraceptive pills are not effective after pregnancy has occurred and cannot interrupt it.

ECP's won't harm a developing fetus.

- If Emergency Contraceptive pills are taken mistakenly during pregnancy, they will not harm the developing fetus.
- Using Emergency Contraceptive pills will not affect a woman's ability to become pregnant in the future.

Women can keep pills at home in case of an emergency.

- Many women find it convenient to have Emergency Contraceptive pills on hand in case of an emergency.
- Medical providers or a participating pharmacist can provide Emergency Contraceptive pills before they are needed.

Medical follow-up after taking Emergency contraceptive pills.

- If you don't experience a normal period within four weeks, you may be pregnant and should see your health care provider or take a pregnancy test.
- It is important to visit your doctor or health care provider if you need a regular birth control method or information about preventing sexually transmitted infections, such as Chlamydia or HIV/AIDS.

Referral Sources

- For sexual assault support,
Call1-800-489-7323
- For domestic violence support,
call.....1-800-228-7395
- For medical follow up call your health care provider or community clinic. To find the nearest Planned Parenthood Health Center, call.....1-800-230-PLAN (7526)

Emergency Contraception – Instructions for Use

- Swallow the EC pills as soon as possible after receiving the medication from a pharmacist or health care practitioner. EC works better the sooner you use it.
- Some women may feel tired, dizzy, have headaches, or tender breasts. These side effects should go away within a day or two. Non-prescription pain relievers (such as ibuprofen or acetaminophen) can be used for headache or breast tenderness. You may also have some menstrual spotting (small amounts of bleeding — less than a period) after taking EC. This should go away in a day or two.

<p>You have been given:</p> <p><input type="checkbox"/> Plan B™</p> <p>Take:</p> <p><input type="checkbox"/> 2 pills as soon as possible</p>	<p>You have been given:</p> <p><input type="checkbox"/> Oral Contraceptive Pills</p> <p>Take:</p> <p><input type="checkbox"/> Take _____ pill(s) ASAP and take _____ pill(s) in 12 hours</p>
<p>You have been given/advised to take: _____ to prevent nausea. Take this medication 30-60 minutes before your first EC dose (as advised).</p>	

- With some types of EC, nausea and vomiting are possible, but not likely. If you vomit after 30 minutes of taking your dose, do not worry. The medication is already in your system. If you vomit before this time period, call your pharmacist — you may need to take a repeat dose.

- If you are prescribed or advised to use a medication for possible nausea, take that medication as described in the following directions:

Non-prescription Drugs:

- > Meclizine Hydrochloride (Dramamine II, Bonine)
- > Diphenhydramine Hydrochloride (Benadryl)
- > Dimenhydrinate (Dramamine)

Timing of Administration

- One or two 25 mg tablets 1 hour before first EC dose; repeat if needed in 24 hours
- One or two 25 mg tablets or capsules 1 hour before first EC dose; repeat as needed every 4-6 hours
- One or two 50 mg tablets or 4—8 teaspoons liquid 30 minutes to one hour before first ECP dose; repeat as needed every 4-6 hour